Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Monday, September 29, 2025

3 Waves of Volunteers

Describe Dolores Cannon's 3 waves of volunteers

Dolores Cannon's concept of the Three Waves of Volunteers comes from her work as a hypnotherapist and her decades of conducting past life regression sessions, particularly using her method called Quantum Healing Hypnosis Technique (QHHT). According to her, these "waves" are souls who volunteered to incarnate on Earth to help raise the planet's vibration and assist humanity through a period of transformation and awakening.

Here's a breakdown of the Three Waves of Volunteers:

🔻 First Wave (Born ~1940s–1960s)

Traits: These individuals often feel alien, uncomfortable, or disconnected from society. Many experience depression, loneliness, or a deep desire to "go home" (not Earth).

Purpose: They came to lay the groundwork for change — acting as energy anchors and spiritual pathfinders. They helped shift Earth's energy by simply being here.

Challenges: Earth's violence, emotional intensity, and dense energy are hard for them to process. Many struggle with suicide ideation or feel they don't belong.

🔻 Second Wave (Born ~1960s–1980s)

Traits: This group acts as "antennas" or conduits of energy. They tend to be more emotionally detached, observe rather than engage, and are generally more comfortable in their roles.

Purpose: Their energy uplifts those around them. They don't necessarily need to "do" anything — their presence alone helps raise vibration.

Challenges: Many avoid having children or deep attachments, choosing instead to focus on their energetic mission.

As many of you may know, I am a Second Wave Volunteer.

🔻 Third Wave (Born ~1990s–Present)

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Chris Comish

Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

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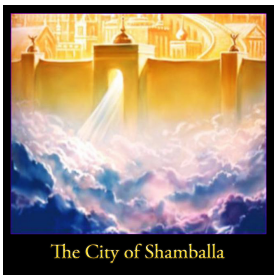

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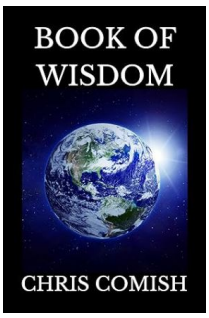

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Traits: Often referred to as "Indigo," "Crystal," or "Rainbow" children, these individuals are highly intuitive, tech-savvy, creative, and spiritually aware from a young age.

Purpose: They are here to implement the changes, build new systems, and lead the way into a more awakened and peaceful world.

Challenges: They often resist traditional systems (school, authority, etc.), leading to misdiagnoses like ADHD or behavioral disorders.

Core Idea:

According to Cannon, Earth issued a "call for help" due to the spiritual and ecological crises it faced. These three waves of souls — many of whom haven't incarnated on Earth before — volunteered from other planets, dimensions, or realms to assist during this critical period of transformation (linked to the concept of ascension or a shift in consciousness).

- September 29, 2025

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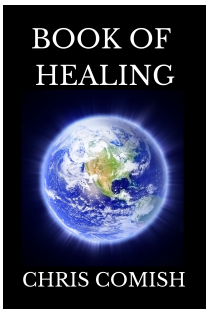

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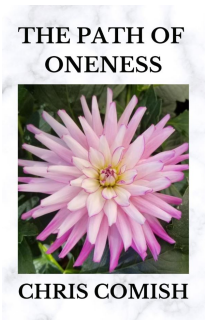

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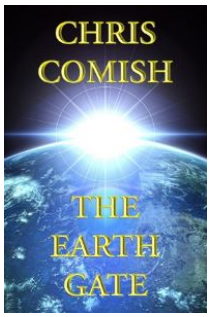

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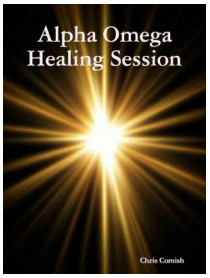

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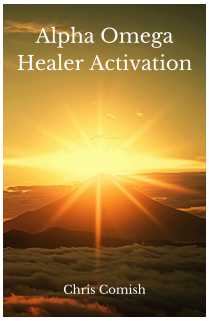

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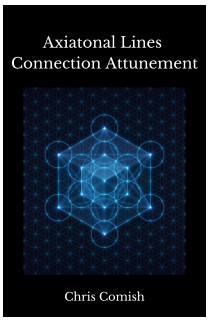

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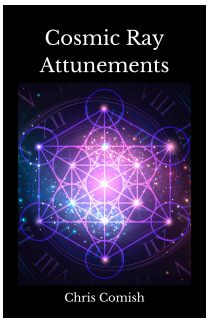

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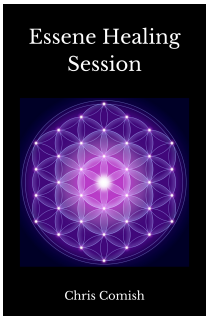

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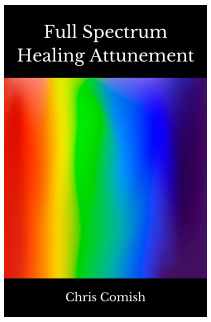

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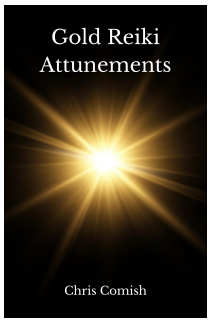

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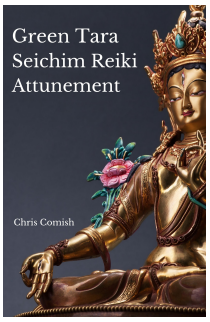

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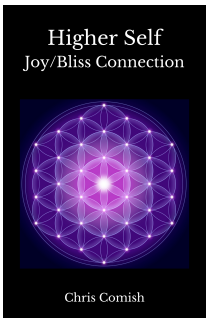

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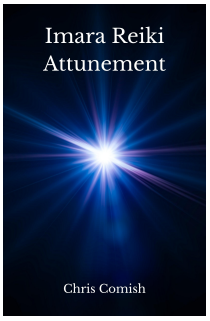

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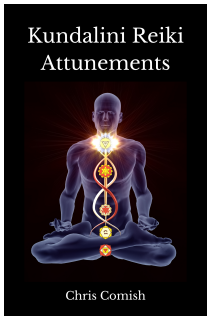

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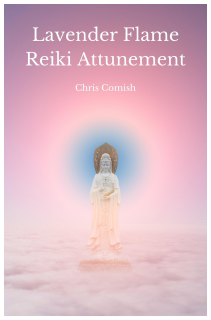

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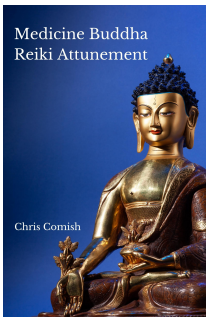

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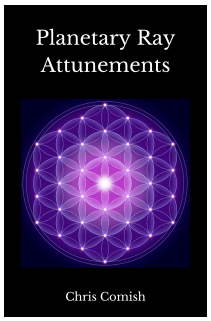

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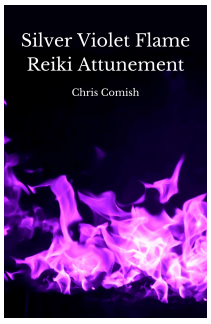

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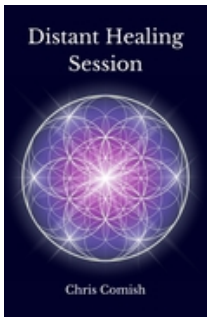

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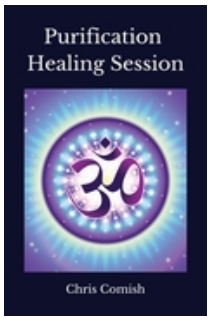

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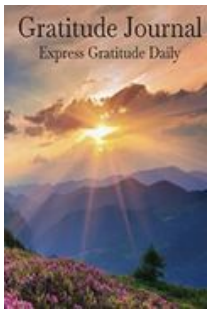

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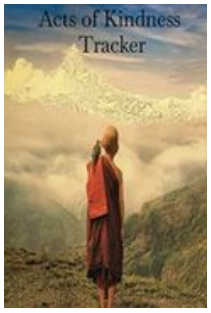

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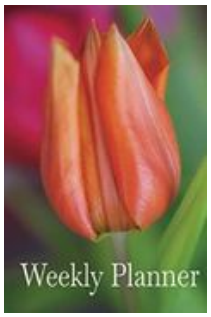

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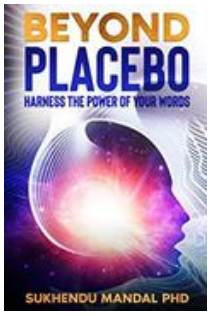

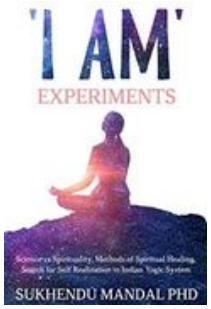

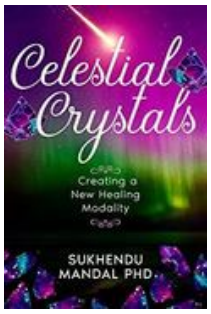

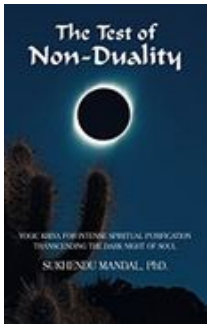

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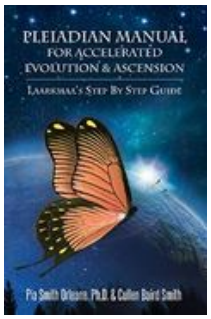

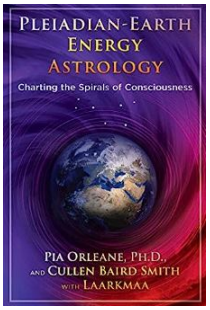
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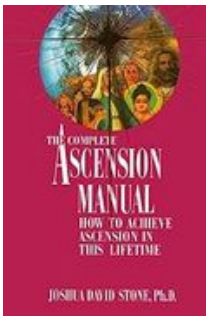
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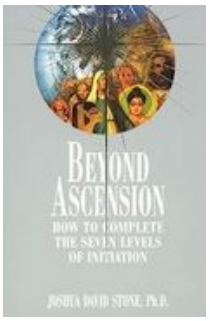
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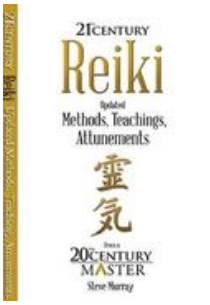
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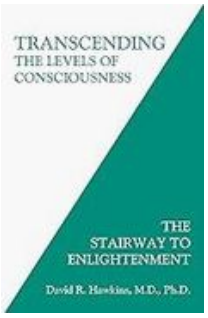
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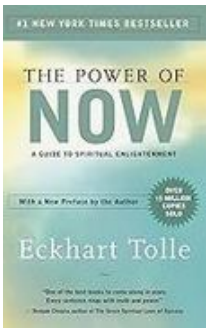
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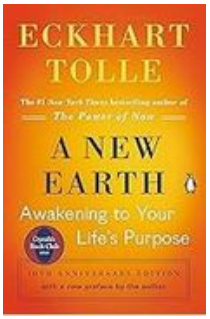
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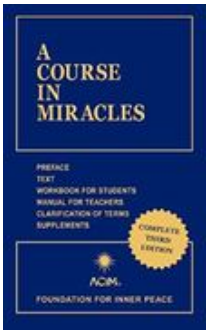
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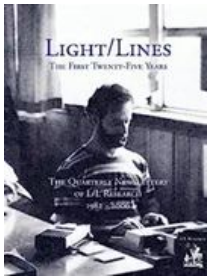
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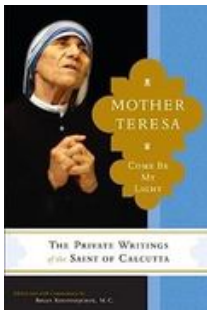
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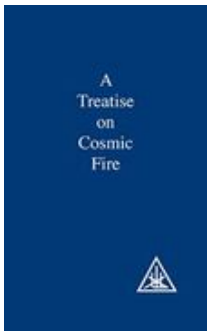
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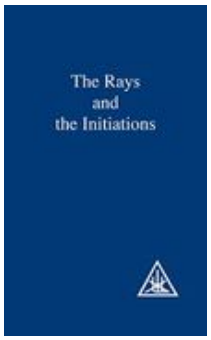
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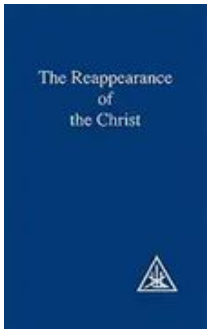
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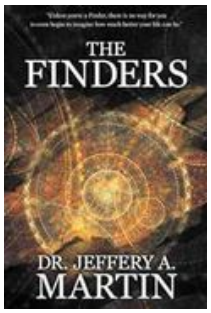
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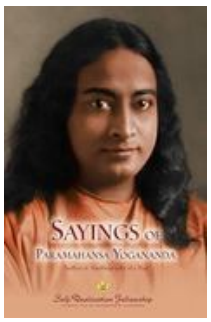
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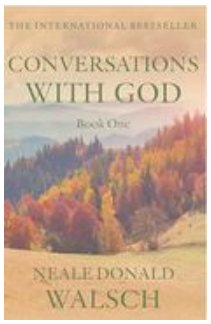
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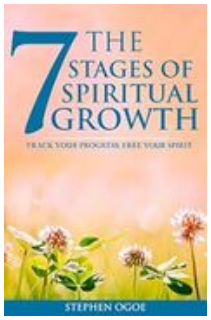
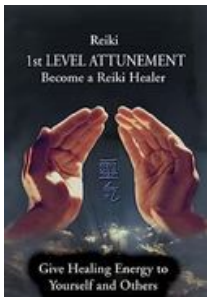
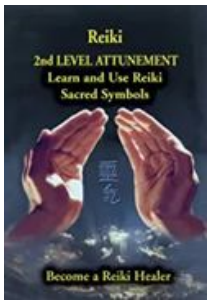
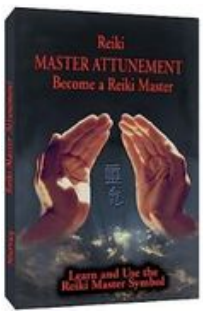
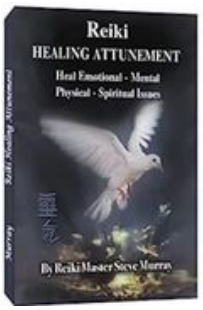


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









Forum - The City of Shamballa Social Network

- The Real Meaning Of Christmas - The Song Of Light Returning
- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
- ✨NEW MOON ACTIVATION✨ Energy Detox & Supercharged Manifesting Power |Guided Meditation

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